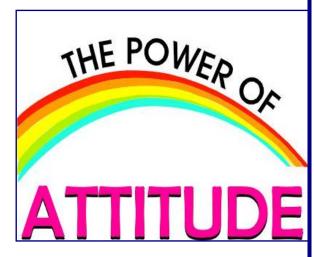
Attitude!!

Do you have a positive attitude about losing weight?

Your attitude has everything to do with your ability to be successful! A negative attitude is a sure-fire path to failure... But a POSITIVE ATTITUDE almost guarantees success!

Here are some tips for having a positive attitude:



• Think Positive Thoughts.

Be aware of your thoughts. Whenever a negative thought comes to mind, counteract it with a positive thought. Keep a list of positive thoughts in mind.

- Think, "I am a good person, and I am worth the effort!"

 This is self improvement, and I am proud of what I am doing".
- Set small, achievable daily goals.

 For example: "Today I'm going to take a 20 minute walk at lunchtime". Then, do it! A positive attitude is built through small successes.
- Reward yourself often for achieving your goals.
 Pat yourself on the back! Go to a movie. Buy yourself something nice. Do lots of positive self-talk!
- Surround yourself with positive people.
- Be kind to yourself through the ups and downs of your weight control efforts.

A positive attitude will help you prevail.



